



# *Critical Days of Summer*

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## **Off-Road Vehicles and Bicycling**



***Brought to you by:  
The Naval Safety Center***





# *ATV and Bicycle Safety Tips*

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- ★ Wear all recommended protective equipment when riding.
- ★ Know the limits of what you can and cannot do.
- ★ Know the area where you will be riding.
- ★ Don't exceed experience and training limits.
- ★ Before you ride, do the routine maintenance on the vehicle (tires, brakes, lights, cables, fuel lines, seat and handlebars properly adjusted).





# *Photographs*

**If you're not a  
professional, don't  
ride or try to act**



**Imagine the injuries to  
the wearer had he had  
worn this helmet**



# *Suggested ATV Best Practices*

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★ An ATV is not a toy. Only children having had specialized training should be allowed to operate an ATV.



★ ATVs with an engine size of 70cc to 90cc should be operated by people at least 12 years of age.



★ ATVs with an engine size greater than 90cc should be operated only by those 16 years of age.



# *ATV Best Practices* *(continued)*

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- ★ Read the owners manual carefully.
- ★ ATVs are not made for multiple riders. Never carry anyone else on the ATV.
- ★ Any added attachments affect the stability, operating and braking of the ATV.
- ★ Just because an attachment is available doesn't mean that it can be used without increasing your risk of being injured.
- ★ Do not operate an ATV on streets, highways or paved roads.



# *Bicycle Safety Tips*

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- ★ Always wear a helmet.
- ★ Wear comfortable, brightly colored clothing.
- ★ Wear a reflective vest from dusk until dawn and use lights and reflectors from dusk until dawn.
- ★ Wear gloves.
- ★ Wear shatterproof glasses (UV/IR protective).
- ★ Check your tires for nicks, cuts and wear before each ride, and ensure the tires are inflated properly.



# *Bicycle Tips (continued)*

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★ Stay off sidewalks. Slow-moving pedestrians are as dangerous to you as you are to them.



★ When riding in the street, obey traffic signals and traffic laws.

★ Use hand signals when turning.

★ Make eye contact with drivers, pedestrians and other cyclists to be sure they see you.

★ Walk your bike across crosswalks.





*Work, Play, Live ...  
Safely!*

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